# **Build Up with Calcium**

### **Objectives:**

- Students will be able to show where calcium is found in their bodies.
- Students will be able to explain why calcium is important to the body.

#### **Materials Needed:**

- Markers, scissors, glue, crayons, etc.
- Bone Building worksheets (3 included in lesson)

#### **Lesson Introductions:**

- Begin by asking students the following questions.
   "Where does the calcium in our bodies come from?
   What does calcium do for our bodies?" Calcium is found in many products made from milk and helps build strong bones and teeth.
- Discuss why bones and teeth are important. What do our bones and teeth do? (Bones help us stand, move and protect our organs. Teeth help us talk and chew.)

#### **Activity:**

- Divide students into groups. Give each group a page from the Bone Building worksheets.
- 2. Students will cut out their bones and write two sentences directly on the bones. One sentence should describe why bones are important. The other sentence should list a healthy snack that contains calcium. Tell students to be specific. For example, the group that has a leg bone can write, "Strong leg bones help us kick a soccer ball. Cheddar cheese and apples make a healthy snack."
- 3. Students will then write at least five reasons, ways, or facts about why calcium is important to our teeth and bones. For example on a leg bone, students could write, "Calcium helps keep our leg bones strong so we can jump while playing

basketball and volleyball." On or by the teeth, students could pick a calcium rich food like yogurt and say "Yogurt provides 225 milligrams of calcium and helps keep our teeth strong to chew our food."

#### Follow-up:

- Have each group come to the front of the room and share their sentences. Put all of the bones together to build a class skeleton.
- Discuss that there are many different healthy snacks that contain calcium and there are many different reasons why our bodies need calcium.

## **Extend the Activity:**

Language Arts: Students can research what will happen if we do not get enough calcium when we are young. What diseases/conditions may occur? (i.e. osteoporosis, being prone to bone fractures) Students can share this with the class.











